

**MEALS ON WHEELS and MORE...AUSTIN, TX. JUNE 2008 (REGULAR MENU)**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Sausage w/Onion & Peppers on a Bun Country Corn Cabbage Fresh Fruit Mustard Cal: 598  2	Trky Ham/Beans Mixed Greens Scalloped Tomatoes Cornbread Strawberry Gel/Fruit Cal: 815  3	Beef Italiano Bowtie Pasta Capri Vegetables Dinner Roll Orange/P'apple Juice Cal: 610  4	Turkey & Swiss Sandwich on Wheat Lettuce/Tomato California Salad Fresh Fruit Mayo Cal: 652 COLD MEAL  5	Lemon Pepper Fish Cheesy Rice Green Peas Wheat Bread Pineapple Juice Catsup Cal: 787  6	Pancake & Sausage (#73) Diced Potatoes Applesauce Wheat Roll Grape/Apple Juice Cal: 739  7	Lasagna Casserole (#21) Squash & Zucchini Brussel Sprouts Wheat Roll Grape Juice Cal: 688  8
Salisbury Beef w/Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Cal: 680  9	Smothered Chicken Corn Broccoli Dinner Roll Marble Pudding Cal: 770  10	Beef Taco Meat w/Cheese Pinto Beans Lettuce/Tomato Tortilla Tropical Fruit Crisp Cal: 977  11	Baked Turkey Ham Black-eyed Peas Spinach Cornbread Orange Cal: 616  12	Veal Marsala Fettuccini Alfredo Stewed Tomatoes Wheat Bread Peanut Butter Square Cal: 975 FATHER'S DAY  13	Meatloaf w/Tomato Gravy (#23) Rutabagas Lima Beans Wheat Roll Orange/Pineapple Juice Cal: 528  14	Baked Chicken (#36) Broccoli Black-eyed Peas Wheat Roll Grape Juice Cal: 720  15
Cheese Enchiladas w/Sauce Black Beans Fiesta Vegetables Wheat Bread Fresh Fruit Cal: 729  16	Hamburger on a Bun Crispy Cube Potatoes Lettuce/Tomato Hot P'apple Tidbits Catsup Cal: 712  17	Grilled Pork w/Onion Gravy Sweet Potato Cass. Collard Greens Cornbread Fresh Fruit Cal: 889  18	Sesame Chicken Brown Rice French Green Beans Dinner Roll Cranberry Juice Cal: 649  19	Tuna Mac Salad Green Pea Salad Beet Salad Wheat Bread Grape/Apple Juice Cal: 679 COLD MEAL  20	Jack Cheese Omelet (#67) Hashbrowns Spiced Apples Wheat Roll Orange Juice Cal: 578  21	Breaded Pork w/Gravy (#10) Spinach Rutabagas Wheat Roll Grape/Apple Juice Cal: 925  22
Meatballs w/Gravy Rice Mixed Vegetables Wheat Bread Fresh Fruit Cal: 723  23	Scalloped Chicken Stewed Tomatoes Cabbage/Carrots Wheat Roll Chocolate Cake Cal: 721  24	Meatloaf w/Onion Gravy Garlic Whip Potatoes Turnip Greens Cornbread Banana Cal: 790  25	Chicken Cacciatore Rotini Alfredo/Broc Tossed Salad w/Dressing Dinner Roll Hot Spiced Peaches Cal: 770  26	BBQ Rib Patty on a Bun Baked Beans Brussel Sprouts Apple Juice Cal: 707  27	Oven Fried Chicken (#50) Broccoli Corn Wheat Roll Grape/Apple Juice Cal: 649  28	Breaded Fish (#44) Rosemary Potatoes Italian Vegetables Wheat Roll Orange/Pineapple Jce Cal: 528  29
			*Due to unavailability of certain items, appropriate substitutions may need to be made.	**Milk is served every meal. Magarine is served every meal unless that meal is a sandwich.		